



Senior Citizen News

3179 Livernois, Troy, MI 48083 248-524-3484

Carla Vaughan, Senior Director

Melissa Humbyrd, Senior Program Coordinator - Lynn Rachwitz, Senior Programmer

January 2004

SMART Dial-A-Ride Service Expands to Birmingham and Beverly Hills

Dial-A-Ride curb-to-curb service in Troy now includes Birmingham, Beverly Hills, and Beaumont Hospital and Meijer in Royal Oak. The hours of service are 6 a.m. to 6 p.m. Monday through Friday. Call 248-362-3436 approximately one hour prior to desired pick-up time. The one-way fare for seniors is \$1, and half price tickets are available for Troy seniors at the Community Center. See the chart on page 5 for a comparison between Dial-A-Ride and Medi-Go Plus.



Power Woodworking Shop Planned at Community Center

Wanted: a certified Woodshop Instructor to train and be in charge of a new power woodworking shop for seniors. If you are a retired woodworking instructor, please call Melissa at 248-524-3484.

Get Fit at the Community Center

Do you have a New Year's resolution to improve your health . . . lose weight . . . get fit? Why not join the fitness club at the Troy Community Center? The senior (age 60 and older) rate is **\$13.50** per month. The cost is **\$6.75** to add a second senior family member in the same household. Passholders have unlimited use of the fitness area and use of the gym and pool during selected hours. Additional discounts are available for the matinee rate and for low income persons. Stop in at the Community Center for details.



Beginning January 2: Senior gym time

One court in the gym will be reserved exclusively for passholders 55 and older (however you must be 60 to qualify for the senior rate) on Thursdays from 1 - 3 p.m. for drop-in **basketball** and on Fridays from 9 - 11 a.m. for drop-in **volleyball**. Passholders of all ages are invited to play **badminton** on Monday, Wednesday and Friday from 5:30-9 a.m.

Civic Center Presentation

Thursday, January 8 - 10 a.m.

The Senior Advisory Committee is hosting an informational meeting about the proposed convention center and performing arts center at the Troy Civic Center. The April ballot issue regarding conveying land for this purpose will also be discussed. This meeting will be held in room 302 at the Community Center at 10 a.m. Speakers will present both sides of the issue and there will be time for questions from the audience. You are also invited to attend the regular Advisory Committee meeting at 9:30 a.m. in the same room.

Mouth Cancer Screening

**Tuesday, January 13 at the Community Center
9 am - Noon (Activity # 118930)**

Dr. Norman Weiss, DDS from Liberty Dental Center, will provide mouth cancer screening by appointment. You must register for the 15 minute screening. To register, call 248- 524-3484 and ask for Activity 118930.

Glaucoma Awareness

Tuesday, January 6 - 1 pm - Community Center

Vicki Allen, Certified Optomology Technician from Greenberg Laser Eye Center, will be on hand to talk about glaucoma. January is Glaucoma Awareness Month and a perfect time to discuss the importance of proper eye care. She will be speaking on how glaucoma is detected, how it is treated, and what you can do to protect your vision. Time after the talk for a 30 second pressure screening for those in attendance.

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Troy Parks & Recreation
3179 Livernois
Troy, MI 48084

248-524-3484

Hours

M-F, 8 am-10:30 pm
Sat, 8 am-4:30 pm

Fax

248-689-6497

Medi-Go Plus

248-457-1100

SMART Dial-A-Ride

248-362-3436

Emerald Kitchens

(Homebound lunches)

248-546-2700

Weather Hotline

(Cancellations due to weather)

248-689-9756

City Hall

248-524-3300

City Web Site

ci.troy.mi.us

Advisory Committee

Steven Banch 646-3267

Jane Crowe 643-0158

Merrill Dixon 879-2887

Edward Forst 689-6572

Marie Hoag 879-6433

David Ogg (Chair) . 689-2210

Jo Rhoads 689-2741

JoAnn Thompson . 879-2637

Bill Weisgerber 828-7072

Mission Statement

The City of Troy is committed to working with and for senior citizens to develop activities and services that support their efforts to remain healthy, active and independent.



Upcoming Events

Beat the Winter Blues Tropical Theme Lunch

Wednesday, January 21 - 11:45 a.m. at the Community Center

All seniors are welcome to participate in this "Tropical Theme Luncheon." If winter has got you down, perk yourself up with a taste of the tropics! Also included are music, prizes and a theme filled afternoon of fun. You may dress in tropical style clothing to add to the festivities! Reservations are not required, but come before the start of lunch and sign in. **After lunch, join us in room 301 for "Finding Nemo" at the monthly movie matinee.** See details below. Hope to see you there!

Mobile Foot Care Screening

Tuesday, January 6 - 9-11 a.m. (Act. 138953)

at the Troy Community Center

Podiatrist Dr. Scott Wilber DPM from the Mobile Foot Care P.C. specializes in foot care services for senior citizens. Dr. Wilber will be at the Troy Community Center to consult with you about basic foot and nail care. This is only a consultation and Medicaid and other insurances may cover any additional treatments. You must register for this 15-minute consultation. All insurance information must be brought with you. To register, call 248-524-3484 and ask for activity 138953.

Scrabble for Fun or Competition

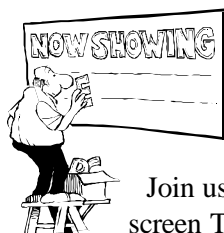
Tuesdays from 1 - 3 pm at the Community Center

If you enjoy competing, or if you just like playing, come on in and join the fun. This is a perfect way to keep up your spelling skills and also meet new people. We will meet each Tuesday (unless otherwise notified) at the Community Center from 1 - 3 pm. We have a group started but can make room for more people. Call Lynn at 248-524-3484 to register.

Red Hat Society

Tuesday, January 13 at 1 p.m. at the Community Center

The Red Mad Hatters meet on the second Tuesday of each month. At their January meeting, they will plan their calendar for the upcoming year. Call Jo-Anne Stein at 248-680-1271 for more information.



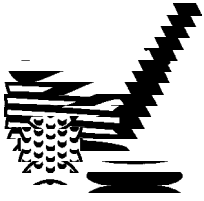
Movie Matinee

Join us for **FREE** VCR movies at the Community Center on our big screen TV 12:30 p.m. on the 3rd Wednesday of each month. We will bring you the best recent video releases. Your suggestions are welcome! **Closed captions for the hearing impaired are available - just let us know if you would like the captions on.**

Wed, January 21 Finding Nemo (G, 100 min.) Animated

Walt Disney does it again in this computer-animated comedy-adventure. Finding Nemo is about finding a very small fish in a very large ocean and the movie isn't just for children. Two thumbs up from Ebert & Roeper.

Upcoming Events



2004 Golf League Registration

Register now for the 2004 Monday and Wednesday golf leagues at Sylvan Glen. These morning leagues (7:30-8 a.m.

tee off) are for men and women 55 and older, Troy residents only. Play nine holes each week - 20 weeks for the Monday league and 21 weeks for the Wednesday league. The greens fees for the entire season and the \$35 entry fee must be pre-paid. The entry fee is non-refundable after the first week of play. Please note: This league is for players who are serious about attending. If you take extended vacations, etc., please sign up as a sub instead.

Returning Players: Register now through March 1, 2004 by calling 248-524-3484. The fee will be announced in this newsletter as soon as City Council approves the rates for 2004 and will be due by March 1. New players will be called to fill any openings that remain after March 1.

New Players: Call 248-524-3484 to go on the waiting list for either or both leagues. Those on the waiting list will be called after March 1 to fill openings. Be sure to specify the day or days you want. If you wish to SUB ONLY, and do not want a permanent spot on the league, ask to go on the SUB ONLY list. Those on the wait list who do not get on the league will automatically be added to the sub list, so please do not put your name on both the wait and the sub list. Ask for the following activity number:

Monday: Returning players only 145935A
Monday wait list 145935B
Monday SUB ONLY 145935C

Wed.: Returning players only 145936A
Monday wait list 145936B
Monday SUB ONLY 145936C

For more information, please call:

Monday league: Doug Cravens 248-528-0434
Yvonne Watti 248-879-0637

Wed. league: John Law 248-879-7998
John Scott 248-828-7150

P.A.L. Widowed Support Will Not Meet in January

P.A.L. widowed support group will not meet in January. For more information about upcoming meetings, call P.A.L. sponsor Desmond Funeral Home at 248-362-2500, attention Barb Feleo.

Ask the Attorney January 16

Local attorney Dana Wilson will offer private consultations at the Troy Community Center on Friday, January 16 from 12-3 p.m. There is no charge for a 15 minute consultation. Appointments required - call 248-524-3484. To reach Mr. Wilson by phone, call 248-656-2818. There is a fee to have a document drawn up.

Free Emergency Cell Phones

Free emergency cell phones are available at the Troy Community Center for Troy residents age 55 and older and persons with disabilities who don't already own a cellular phone. The phones are for 9-1-1 use only; they do not receive calls. Call 248-524-3484 regarding phone availability.

Donations of working phones with an AC-DC adapter are accepted at the Troy Community Center and Community Affairs Department at City Hall. For more information, call Melissa Humbyrd at 248-524-3484 or Community Affairs at 248-524-1147.

Advisory Committee for Senior Citizens Update

At their December meeting, the Committee discussed civic center development and the convention center ballot issue. They will host a presentation discussing both sides of this issue for the public at their January 8 meeting. See page 1 for details. They also discussed the senior budget and their findings that the City subsidized the senior program by \$145,500 last year. The next meeting will be Thursday, January 8 at 9:30 a.m. at the Community Center. The public is invited to share their concerns about senior programs and services. You can also e-mail the Committee at: seniorac@ci.troy.mi.us, leave a suggestion in the suggestion box at Community Center, or call them - see page 2 for phone numbers.

Meetings on Cable TV; Minutes Available at the Community Center

A tape of the Senior Advisory Committee meeting is aired every Monday at 9 a.m. on WTRY Channel 10 (WOW) or Channel 53 (Comcast) and minutes are available at the Community Center.

"Breath Free" Smoking Cessation Program

The Troy Community Coalition has invited Dr. Arthur Weaver to present his highly successful "Breath Free" seminars to help Troy Senior Citizens quit smoking. There is no charge for the series, however donations are encouraged. The program is scheduled for seven days: April 22, April 26-30 and May 3, 2004 at the Troy Community Center. Each class runs 90 minutes. Time of day (afternoon or evening) will be determined by the response forms, whenever the most people can be accommodated. Space is limited. Call now for early registration.

The Breath Free Smoking Cessation program has been successful in helping more people discard their smoking habit than any other program. It has been used nationally to help millions quit smoking. Dr. Weaver has used this program in the Detroit metropolitan area since 1966 and has helped an estimated 100,000 people become smoke free. Participants are instructed how to handle the smoking urges and what to expect in withdrawal symptoms. They also learn how to handle the much longer lasting psychological association that can cause a return to the smoking habit.

Dr. Arthur Weaver is emeritus professor of surgery, Wayne State University and has practiced and taught cancer surgery. He is recognized as a leading anti-smoking crusader. Dr. Weaver's community involvement has been recognized by the Michigan Cancer Foundation Man of the Year Award, The Detroit News Michiganian of the Year (1987) and the Wayne County Medical Society Award for Humanitarian Achievement.

If you would like to attend the program, please call the Coalition office at 248-823-5088 or return the form below.

Registration Form

Breathe Free Smoking Cessation Program
April 22-May 3, 2004, Troy Community Center

Name _____
Address _____
City _____ Zip _____
Phone # _____

Preferred Time ___A: 2:30-4 p.m. ___B: 7-8:30 p.m.

Return form to the front desk at the Community Center, or mail to Troy Community Coalition, 4420 Livernois, Troy, MI 48098.



Online Registration

We now offer on-line registration for most programs listed in this newsletter. You will need your household number and head of household name to register on-line. You can find your household number near the bottom left side of any previous program registration receipt or call 248-524-3484. To register online, go to the City of Troy's website - ci.troy.mi.us and click on the gold Parks and Recreation Register Online button on the home page. Enter your household number for username and the last name of head of household for password. On the next screen, click on SHOP and then ACTIVITY ENROLLMENT. You can only register people that are in your own household. You will not be able to register for trips until the sign-up date stated in the newsletter.

In certain cases when special information is required, you will not be able to register on-line. This will be noted in the newsletter.

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center

3179 Livernois - inside the north entrance

Open Monday - Friday 10 am - 1 pm

and Monday from 6 - 8 pm



**Gifts for
every occasion!**

248-526-5145

Clearance Sale Begins January 2!

***Vendors:** Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers receive 25% commission. From this, the City pays Michigan sales tax, and other operating expenses. For more information, please call Carla V. at 248-524-3492.


Mon

Tue

Wed

Thu

Fri

 Jan.			1 New Year's Day Center Closed	2 12:00 Hot Lunch 12:45 Bingo
5 8:30 Trip Sign-Ups Begin 12:00 Hot Lunch	6 9-11 Mobile Foot Caregf 12:00 Hot Lunch 1:00 Glaucoma Awareness	7 12:00 Hot Lunch 7:30 Band Practice	8 9:30 Advisory Committee 10:00 Civic Center Presentation 10:00 Court Theatre Trip 12:00 Hot Lunch	9 12:00 Hot Lunch 12:45 Bingo
12 10-12 Meet Your State Rep 12:00 Hot Lunch	13 9:00 Mouth Cancer Screening 12:00 Hot Lunch 1:00 Red Hat Society	14 8:00 Blissfield 12:00 Hot Lunch	15 10:30 The Nurse Is In 12:00 Hot Lunch 1:00 Spelling D-U-E-L	16 12:00 Hot Lunch 12-3 Ask the Attorney 12:45 Bingo
19 12:00 Hot Lunch	20 12:00 Hot Lunch	21 10-12 Medicare Counseling 12:00 Tropical Theme Lunch 12:30 Movie 7:30 Band Practice	22 9:00 Casino Trip 12:00 Hot Lunch	23 12:00 Hot Lunch 12:45 Bingo
26 12:00 Hot Lunch	27 12:00 Hot Lunch	28 12:00 Hot Lunch	29 12:00 Hot Lunch	30 9:00 Macomb Center 12:00 Hot Lunch 12:45 Bingo

The menu was not available at press time.
Please see menu posted at Community
Center or call 248-689-6663 for details.

Ongoing Activities

These activities are held at the Troy Community Center unless noted.

Asian-Pacific Program - Mondays, 10am-2 pm. Asian seniors meet for cultural and English communication activities.

Ballroom Dance - Wednesdays 1-2 pm. \$2 at door.

Bingo - Fridays at 1 pm. .25 per card with .50 admission card. Cash prizes.

Birthday Party - 1st Thursday 12:30-1 pm. No reservations required. Cakes donated by Newcomers.

Bowling - Mondays, 1 - 3:15 pm at Thunderbird Lanes. \$4.50 for 3 games. Points for beating own average.

Bridge - Duplicate -Tuesdays at 12:30, Party - Thursdays at 12:30 pm.

Chair Exercise - Tuesday and Friday, 11-11:50 am. Free, drop-in.

Chorus - Rehearsals Friday 9:45-11:30 am Sept. through June. Several performances per year.

Country Line Dance Lessons - Inter. - Mon., 1-3 pm, Beg. - Wed, 7-9 pm. \$2 at the door.

Cribbage Club - Fridays, 1 pm. Free, drop-in. Beginners welcome.

Euchre - Tuesdays at 12:30 pm.

Exercise Class - Monday and Thursday, 11-11:50 am. Free, drop-in.

Harmonica Lessons/Club - Mondays: 9:30-11 a.m. Free. Drop-in. Beginners welcome.

Heritage Concert Band - 1st and 3rd Wednesday, 7:30-9:30 pm. Call 248-828-8047 for details.

Hot Lunch - A federally funded program held Monday - Friday at noon at the Community Center for persons 60 and older. No reservations needed. Suggested donation: \$2.25. Lunches and ENSURE liquid meals for home-bound persons also available. Call 248-546-2700.

Legal Counseling - Third Friday, noon - 3 pm at the Troy Community Center with local attorney Dana Wilson. Call 524-3484 for an appointment. Or call Oakland Livingston Legal Aid at 888-783-8190.

Library Services - A librarian visits homebound persons with large print books, talking books, etc. A humanities discussion group also meets at the Library on Wednesdays. Call 524-3554.

Medicare Counseling - Provided by AAA B-1 volunteers on the 3rd Wednesday, 10 am - noon. Bring medicare bills and statements. **Call 248-524-3484 for an appointment** by the 3rd Tuesday.

Needlework Club - Tuesdays, 10 am. Free, drop-in. Share ideas, advice and friendship.

The Nurse is In - A public health nurse visits the Community Center on the 3rd Thursday of every month except November from 10:30 am-noon to speak with seniors and senior caregivers individually on health concerns. Drop-in. Free. For a home visit, call Penny Brown at 248-452-8667.

Pacific Rim Outreach - Wednesday, 10 am -3 pm. Information and referral and social activities.

Painting Club - Thursdays at 9 am. Free, drop-in.

Pinochle - Monday and Wednesday at 12:30 pm. Junior pinochle (no experience needed) meets on Thursdays at 12:30 p.m.

Quilting Club - Wednesdays, 9 am - 4 pm. All levels welcome to bring works in progress. This is a club, not lessons. Free, drop-in.

Scrabble - Tuesdays from 1-3 pm. Free, drop-in.

Senior Advisory Committee - 10 am - first Thursday September through June. Public invited to share concerns about senior programs and services.

Table Tennis - Tuesdays and Thursdays at 10 am at the Community Center. Free. Drop-in.

T.O.P.S - Thursdays at 8:30 am at the Community Center. Nonprofit weight loss support group.

Transportation - Medi-Go Plus (248-457-1100) transports to doctors, grocery stores, Community Center and Oakland Mall. Dial-A-Ride (248-362-3436) provides transportation anywhere in Troy and Birmingham. Pick up a brochure at the Community Center for details.

Walking Club - Monday-Friday mornings from the Community Center. Walk at your own time and pace. Awards for miles walked.

Woodcarving Club - Mondays at 8:30 am. Free, drop-in. Beginners and visitors welcome.

Trip News

- Register for new trips beginning Monday, January 5 at 8:30 a.m. Resident mail-in registrations will be processed January 6. Non-residents may register for new trips beginning January 7. Trips not designated as **New**: everyone may register now.

- If you use a wheelchair or need a special accommodation, please indicate this upon registration.

- You may sign up for yourself and a maximum of three others with their name, address and phone.

- **One-Day Trip Refund Policy:** A \$10 service fee will be withheld on all patron requested refunds, **plus costs incurred.** Full refunds issued for medical emergencies with a letter from your physician (please notify us prior to the trip) and for trips we cancel. Otherwise, you will receive a refund if we can re-sell you ticket (less \$10 service fee).

- Transportation by city bus unless noted otherwise.

Board bus at the north entrance of the Community Center.

- **Register early !** Trips not meeting minimum enrollment may be cancelled up to one week prior.

- We will accept registrations from anyone 16 years or older (18 years or older on gambling trips) two weeks before the trip if there are openings.

- The City of Troy is not responsible for providing care to persons who have a physical or mental impairment that causes an inability to care for their own personal needs, to maintain their composure, or to refrain from conduct which may jeopardize the rights of other members of the group. Such individuals may participate, but only if accompanied by an adult caregiver to assist with their special needs. The City reserves the right to deny participation when an individual requires a caregiver but fails to arrange for one.

- All trip participants must complete an emergency information card. Complete and turn in the card to the Senior Information Desk located by the lunchroom. We will laminate the card and return it to you. Keep this wallet card on you at all times while traveling on day or extended trips. In the event that you forget your card on the day of the trip, you will be required to fill out another card. This is for your own safety to utilize in case of a medical emergency.

Courtroom Theatre & Lunch in Windsor (Act 118913) Thursday, January 8 - \$42

Depart: 10 am Return: 4:30 pm

Imagine yourself being a part of a courtroom drama for fun! Courtroom Theatre provides you with a cranky judge, lawyers, bailiff, defendants, witnesses and we are the courtroom jury. Also included is a buffet luncheon.

Hathaway House and Tour of Blissfield (Act 118916) Wednesday, January 14 - \$46

Depart: 8 am Return: 3:30 pm

Start your day with a leisurely deluxe motor coach drive to Blissfield MI. This quaint village is located in Lenawee County, about eight miles from the Ohio border. Lunch will be served at the Hathaway House, a Greek revival style house built in 1851, and designated a Michigan Historic Site and listed on the National Register of Historic Places. Unique in its design and furnishings, you will enjoy viewing the original lamp in the hallway and the various antique pictures. Included in this trip is your luncheon, specially prepared by their gourmet chef. Everyone will receive a combination plate consisting of pork loin and chicken breast with cherry-sage sauce, oven roasted potatoes, seasonal vegetable, mixed green salad with creamy Dijon dressing, rolls, coffee, tea or soda and Creme Brulee for dessert. After lunch, there is time for shopping and viewing this quaint city which became a village in 1875.

Gaming at the Motor City Casino (Act 118917) Thursday, January 22 - \$10

Depart: 9 am Return: 4 pm

Gaming at it's finest! Included in this trip is a \$15 voucher and a \$5 lunch coupon. One bus only!

Breakfast and Ballet at Macomb Center (Act 118918) Friday, January 30 - \$32

Depart: 9 am Return: 3:30 pm

We'll start with a delicious breakfast at 9:30 am at **Recipes in Troy**. ~~Breakfast choices are~~ *Morning Mixers*: scrambled eggs plain or with ham and cheese, blueberry muffin, fresh fruit and coffee or tea or the *Morning Stack*: pancakes with maple syrup, bacon or sausage links, mixed fresh fruit and coffee or tea. After breakfast, it's on to the Macomb Center to see **"UnEncuentro"** written by Michigan composer Mark Gottlieb. This ballet incorporates dance, video, chamber orchestra, Peruvian woodwinds, Spanish guitar and narration. This is the tale of a man who searches for the wisdom he had experienced in his youth when he believed in the magic of life. These professional musicians have performed with the Michigan Opera Theatre Orchestra, New York City Opera and Czech Philharmonic.



Purple Rose Theatre and Lunch **at the Common Grill**

(Act 118908) Wednesday, February 11 - \$56

Depart: 11:30 am Return 6:00 pm

Start your trip off with a delicious lunch at the Common Grill in Chelsea. Please make your entree selection upon registering, those who do not will be served

One Day Trips continued on next page ➔

Trip News

chicken. Choose from the following: Chargrilled Chicken Breast, Broiled White Fish, and Honey Pecan chicken Salad. All entrees are served with cole slaw, rolls coffee or tea and warm fruit cobbler with ice cream. After lunch, it's on to the Purple Rose Theatre for a matinee performance of *"Leaving Iowa"*, a new comedy filled with warmth and nostalgia. A writer finds himself re-living all the summers he spent traveling in the back seat of the family station wagon as a young boy, while he sets out in search of the perfect spot to scatter his late father's ashes.



DSO "From the Heart" and lunch at the Whitney

(Act 118902) Thursday, February 12 - \$68

Depart: 9 am Return 2:30 pm

Celebrate Valentine's Day with the world's most romantic music conducted by Erich Kunzel. This morning coffee series performance is filled with love songs from the stage, screen, and pop charts. After the performance enjoy lunch at the Whitney. Entree choices are: crusted salmon, vegetable angel hair pasta, or chicken breast with an apricot lemon glaze. All meals include soup or salad, coffee or tea and dessert. Make menu selections upon restratoin, those who do not will be served chicken.



Ann Margaret Here! Now!

(Act 118919) Friday, February 13 - \$62

Depart: 7 pm Return 10:30 pm

The multitalented Ann Margaret performs at the Macomb Center for one show only. Best known for her film favorites 'Bye Bye Birdie', 'Viva Las Vegas', 'Tommy', and Grumpy Old Men'. This evening performance of music and dancing is a treat you won't want to miss!



Gaming at the MGM Casnio

(Act 118940) Tuesday, February 24 - \$10

Depart 9 am Return 4 pm

Try your luck at the MGM Grand Casino in downtown Detroit. Included in this trip are \$15 bonus points on your new MGM Casnio Card to use for lunch or gaming. One bus only!

The Lion King at the Masonic Temple

(Act. 118901) Sunday, May 16, 2004 - \$120

Depart: 11 am Return: 4 pm

Wait list only! Travel by motorcoach to a wonderful performance of Disney's "The Lion King". Seats are main floor left center section rows B, C, D, E. Hors'd oevres at the Temple are also included, featuring fruit, deserts, cheese and crackers, before the performance and also during intermission.

Extended Trips

On-line registration is not available for extended trips.

Alaska Aboard the Sun Princess: By Land and Sea

(Act.# 148017 A - F) September 9 - 20, 2004

\$2,849 (inside stateroom) - \$3,509 (outside state room with balcony) per person based on double occupancy. Single Supplement: \$3,899 - \$5,509

A \$400 deposit required when booking this trip.

Included is a four-night land tour of Alaska's Spectacular Interior and a Seven-night cruise of the stunning inside passage, aboard the Sun Princess. See brochure for detailed trip inclusions, and payment and cancellation policies. When registering please indicate double or single. See brochure for triple if available. We are not responsible for finding roommates, but will share phone numbers of others, if any, who are seeking a roommate. Trip insurance is highly recommended.

Deserts, Gaming and Canyon Lands

(Act. 128978) March 24 - 30, 2004

\$999 per person double, \$1,298 single

Beat the winter blahs while enjoying a trip to: Las Vegas, Laughlin, Lake Havasu, Scottsdale, and Sedona.

This Trip Includes:

- Round Trip air from Detroit to Las Vegas and return from Phoenix.
- Motorcoach transportation throughout your trip.
- Two nights in Las Vegas on the Strip.
- One night in Laughlin at Harrahs.
- Three nights in Scottsdale.
- Breakfast daily.
- Time for gaming, entertainment and shopping on your own in Las Vegas and Laughlin.

Tours: Grand Canyon, Old Town Scottsdale, Sedona.

View: Hoover Dam, and London Bridge.

- All hotel taxes, tips and baggage.

See brochure for detailed and payment and cancellation policies. Trip insurance is highly recommended.

Extended Trip Cancellation Insurance

You are encouraged to purchase trip cancellation/interruption insurance. Applications are available at the Community Center that you mail directly to the insurance company. Pre-existing conditions are covered only when insurance is purchased within seven days of the time that you make your initial deposit. Trip insurance is optional and if not purchased, cancellation policies stated on individual trip flyers apply. Ask for a trip flyer upon registration.

For Your Information

Meet Your State Representative

State Representative John Pappageorge has office hours with Troy residents on the second Monday of each month at the Troy Community Center from 10 a.m. to noon.

For more information, call 1-800-830-3734. No appointment needed. Stop by and voice your concerns.

Hospital Equipment Loan Closet

A hospital equipment loan closet is located at the Troy Community Center with **wheelchairs, walkers, canes, crutches, portable ramps and shower chairs** available. Stop in at the Community Center to borrow an item. If a wheelchair is needed, call ahead to confirm that one is available. Donations are accepted at the Center.

Hearing Aid Batteries

Hearing aid batteries, sizes 10, 13, 312 and 675, are available at the Troy Community Center for a suggested donation of \$4 for a package of four. They are made available by Deaf and Hearing Impaired Services.

Video Magnifier Available for Loan

A video magnifier is available for free loan to Troy residents. This device allows you to project and magnify the written word onto your TV screen. Call 248-524-3484 to reserve the magnifier.

DRIS Service for Visually Impaired

The Detroit Radio Information Service (DRIS) reads more than 100 current publications via a pre-tuned single-frequency radio. Borrow a radio at the Troy Community Center. Call 248-524-3484 to reserve the radio. To obtain a radio to keep, call DRIS at 313-577-4146. There is no charge for the service or the radio. Donations accepted.

Magazine, Book and Puzzle Exchange

Bring recent magazines, books (paperback only), and jigsaw puzzles to the Community Center (Senior Office) when you are finished with them and we will make them available for other seniors to take home.

Discount SMART Bus Tickets

Troy seniors and persons with disabilities can purchase SMART bus tickets for half-price at the Community Center - available in strips of 10 only. Ten \$1 tickets cost \$5. Ten \$.50 tickets cost \$2.50. If ordering by mail, make checks payable to City of Troy and include a self-addressed, stamped envelope. Send to Troy Parks and Recreation, 3179 Livernois, Troy, MI 48083.

Volunteers Needed

Computer instructors and coaches in the SeniorNet computer lab. Please call 248-524-3484 and ask to register for Activity #125927. We will contact you with more information.

Creative Endeavors Senior Store: Sales clerks are needed to work one three hour shift per week from 10 a.m. to 1 p.m. at the Community Center. Please call Carla at 248-524-3484.

Cancelled Postage Stamps Collected at the Troy Community Center

Donate stamps to help missionaries around the world by placing them in the red heart shaped box in the reading room at the Community Center. Leave at least 1/4" of paper around the stamp so that it can be processed without incurring damage. Or mail them to Tony Herman at 1647 Jackson, Troy, MI 48083.

Programs at the Troy Library

Please register for these programs by calling **248-524-3538**. You will receive a phone reminder a day or two before the workshop. Sponsored by the Friends of the Troy Public Library.

Picture Perfect: Displaying and Preserving Family Pictures

Wednesday, January 21, 1-3 pm

Join local family historian **Marjorie Murray** for a look at the past through photographs, newspaper clippings, books, and bibles. Learn creative methods of displaying and preserving your mementoes.

Chateau & Trails of the Loire Valley

Monday January 26, 7pm - No Registration

The glorious valley of the Loire is rich in both history and architecture. Like the river Loire, this vast region runs through the heart of French life. Its sophisticated cities, luxuriant landscape and magnificent food and wine add up to a bourgeois paradise. Slide and lecture presentation by Kathy Thornton.

For Your Information

SUGGESTION BOX

Program Ideas: _____

Comments: _____

Name: _____ Phone: _____

Please mail or drop off at the Troy Community Center, c/o Carla Vaughan. Include your name and phone number for a personal reply.

Registration Information

Programs are for persons age 55 and older (except computer classes which are for ages 50 and older). Register in person at the Troy Community Center, by mail using the form below or online at ci.troy.mi.us (online registration available unless noted). Make checks payable to **City of Troy** or include credit card information. Registrations are nontransferable.

Refund Policy: All patron requested refunds are subject to a \$10 cancellation fee and take about three weeks to process. No refunds are issued if the amount due is less than \$10. Computer class refunds must be requested three days before the start of class. Refunds for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trip cancellations are subject to a \$10 service fee plus costs incurred. Extended trip are subject to the refund policy stated on trip flyer.

Low Income Scholarships: Troy residents 55 and older with an annual household income of \$24,450 or

less for a one person household or \$27,950 or less for two persons can receive a 50% discount on Parks and Recreation Senior Citizen classes - maximum one class per person per season (two computer classes per season). Discounts are not available for drop-in programs, trips, sport leagues, and special events such as dances. You must submit an annual application and last year's federal or state income tax form 1040 or Michigan Homestead form. Applications are available at the Community Center and must be approved before you register.

Register Early: Nothing kills a good program quicker than everyone waiting until the last minute to register! At some point, we have to determine if enrollment is sufficient to hold the program. We may cancel for lack of interest, and you'll be out of luck! Please register early!

Americans With Disabilities Act: The Troy Parks and Recreation Department intends to provide persons with disabilities with a positive leisure time experience in our programs. Program modifications and reasonable accommodations can be made. Please let us know in advance if you need special accommodation.

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

Activity #: _____ Fee: _____ Activity #: _____ Fee: _____

I hereby voluntarily release and hold harmless the City of Troy and the Troy School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself while participating, watching and traveling to or from this activity. Signature Required: _____ Date: _____

Enclose registration fee and mail to: Troy Parks and Recreation, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy. VISA or MASTERCARD # _____ Exp. Date: _____

Free Tax Assistance available

February 6 through April 2

AARP Tax-Aide volunteers will offer free help with tax forms for low income seniors every Friday from 9 am - 4 pm Feb. 6 - April 2. See the February newsletter for details.

Salt Box

The YELLOW salt box is located in the southwest corner of the south parking lot at the Community Center where you may get rock salt to take home for your sidewalks. Please bring your own container and help yourself.

Senior Swim Lessons

Seniors: learn to swim or improve your swimming skills with lessons at the Community Center pool. Community Center membership is not required. No class February 17. For more information, contact Brian Goul at 248-524-3484.

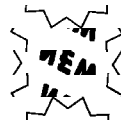
Act #	Day	Time	Beg.	Ends	Wks	Fee
143007A	Tue	1:30-2:15	Jan 6	Mar 2	8	\$54

Non-Resident Postage Due Jan. 9

If you do NOT live in Troy, and you wish to receive the *Senior Citizen News* by mail in 2004, you must pay the \$10 fee by Friday, January 9. Ask for Activity #115001B. Newsletters are mailed first class to non-residents. If you do not wish to pay the fee, you may pick up a newsletter on or after the first of each month at the Community Center. Non-residents who have not paid by January 9 will be removed from the mailing list.

Senior Spelling D-U-E-L

On Thursday, January 15 at 1 p.m., we will have our local showdown at the Troy Community Center to see which three seniors will represent Troy at the final competition on February 23 in Southfield. Spectators are welcome at both competitions. (Transportation will not be provided to Southfield, but directions are available.) For more information, call Melissa at 248-524-3484.



Oxygen Support Group

Are you or someone you love on oxygen? Do you wish you had someone to talk to, share experiences, any tips or new products? If you are interested in starting an oxygen support group, please call Melissa at 248-524-3484.

Evening Activities for Seniors

There are currently several evening activities for seniors at the Community Center. These include band, line dance lessons, square dance lessons, computer classes, dances and some trips.

Would you like to see more evening activities?

If so, please return the form below by January 8 or call 248-524-3484 with your suggestion. Your input will determine which, if any, additional evening activities we offer, so please respond and be **SPECIFIC**.

Activity I would like to see offered in the evening:

Preferred day and time: _____

Phone # (optional): _____

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Information for this newsletter must be received by the 10th of the month prior to publication.

City of Troy
Parks and Recreation
3179 Livernois
Troy, MI 48083

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